



Rutherford County Schools CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Rutherford County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Rutherford County School System that includes:

- School Health Advisory Committee
- Twenty-four Healthy School Teams with 8 under development
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$48,665.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Rutherford County Wellness Council | ➤ National Hospital Association- including members at Skyline Medical Center |
| ➤ Rutherford County Health Department | ➤ Madison Campus and Stone Crest Medical Center |
| ➤ Get RutherFit | ➤ CADCOR (Community Anti-drug Coalition of Rutherford County) |
| ➤ (Smart Steps) Wellness Council | ➤ Murfreesboro Parks and Recreation |
| ➤ UT-Extension | ➤ LaVergne Parks and Recreation |
| ➤ TNCEP (Tennessee Nutrition and Consumer Education Program) | ➤ SNAP Fitness |
| ➤ Middle Tennessee State University | ➤ Vision Service Plan (VSP) |
| ➤ Middle Tennessee Medical Center | ➤ Care Here |
| ➤ The Guidance Center | ➤ Life Services EAP |
| ➤ TENNderCare | ➤ Sexual Assault Center |
| ➤ American Heart Association | ➤ Patterson Park Community Coalition |
| ➤ Murfreesboro City Schools | ➤ Nashville MPO, |
| ➤ The Guidance Center | ➤ 4-H, |
| | ➤ Primary Care |
| | ➤ Hope Clinic, |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Community School Advisory Council and Healthy School Teams. Currently, 14 parents are collaborating with CSH.

Students have been engaged in CSH activities including GYM club and Healthy School Teams. Approximately 57 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Rutherford County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – in 2010/2011, 13,632 children were screened for hearing, vision, blood pressure and BMI. These screenings resulted in 93 hearing referrals, 1,170 vision referrals, 5,316 BMI referrals, and 1,930 blood pressure referrals. The sixth grade students were screened for scoliosis. 2470 students were screened with 161 referrals;

In 2009/2010, 13,552 children were screened for hearing and vision and 8,673 were screened for blood pressure and BMI. These screenings resulted in 126 hearing referrals, 1,402 vision referrals, 3,443 BMI referrals, and 1314 blood pressure referrals. The sixth grade students were screened for scoliosis. 2416 students were screened with 162 referrals;

In 2008/2009, 14,146 children were screened for hearing and vision and 5,553 were screened for blood pressure and BMI. These screenings resulted in 82 hearing referrals, 1,554 vision referrals, 2,323 BMI referrals, and 1,698 blood pressure referrals. The sixth grade students were screened for scoliosis. 1962 students were screened with 197 referrals. Overall, 29,470 students have been screened with a total of 21,168 referrals;

BMI data has been collected that shows the severity of the childhood obesity epidemic in Rutherford County. Data from the 2010/2011 school year shows that 2% of students are underweight, 59% are normal weight, 21% are overweight, and 18% are obese.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment, recess activity bags, Michigan Model health curriculum and support materials, Take 10! materials, calibration of health screening equipment, general office supplies, mental health related books, health related books, printing of hearing and vision cards for health screening, playground equipment, health equipment for health screenings, Wii play systems and games, and a Survey Monkey subscription;

Professional development has been provided to school health staff including school counselors, physical education teachers, nurses, teachers, and school nutrition staff. Examples include Michigan Model curriculum training, Take 10!, physical activity in the academic classroom, Healthy Edge Training, and TAPHERD attendance;

School faculty and staff have received support for their own well-being through employee appreciation fairs, weight loss programs, walking programs, various health and wellness programs offered through Care Here and Cigna including mental health, smoking cessation, weight loss, and nutrition.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model training and materials for school counselors and teachers;
- Physical Education/Physical Activity Interventions – physical education materials, TAPHERD training for physical education teachers, physical education planning meetings, Take 10! and physical activity in the academic classroom in-services;
- Nutrition Interventions – Michigan Model and Take 10! materials and trainings for teachers;
- Mental Health/Behavioral Health Interventions – Community Resource Fair and mental health 101 training.

In such a short time, CSH in the Rutherford County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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